



Self: Activities that work on the individual

Relationships: Activities that work with peers/families/friends

Education Training and Employment activities

April – WEEK 1



Information

Manchester Community Hub

Address: 7 Watson Street, M3 4EE

Please Contact: 07834 764 900 or

07731 132 7221

The green sessions are to support you build a pro social outlook, work on building relationships and team building with peers at the hub.

Our Blue sessions focus on education training and employment to help you gain employment and upskill to move toward the job market.

Our yellow sessions support you to work on your self development and build a positive outlook

	Monday 31/03/2025		Tuesday 01/04/2025		Wednesday 02/04/2025		Thursday 03/04/2025		Friday 04/04/2025	
	Anger Management 11am - 12pm	CV Building 10am - 12pm	CBT Appointments 10am - 4pm Appointment only	Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm	Digital College 10pm - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Meditation 9.30am - 11am	
	Men Matter 12pm - 1pm 	Preparation for employment with lived experience	Hub Walk 11am - 1pm 	Enviromental awareness course	Moral Dilema's 12pm - 1pm	Careers planning in sport and fitness course	Media TiPP 11am - 1pm 	Introduction to Basic Cooking Skills	Music and Society 11am - 12pm 	
	Philosophy 1pm - 2pm 	Food safety and storage course	Arts & Crafts 1pm - 3pm	Self Employment Support	Table Tennis 1.30 pm - 2.30pm 	Intro to Labouring course	Newsroom 1pm - 2pm 	Digital Support 12pm - 1pm	Eid Party!! Hub Fun Day Focus Group Quiz 1pm - 3pm	
	Thrive - Confidence Building 2pm - 3pm	Digital College 1pm - 4pm	Table Tennis 2pm - 3pm 	Disclosure Advice 3pm - 4pm	Music Tipp 1.30pm - 3.30pm 	Job Search 2am-4pm	Thrive - Person of Worth and self esteem 2pm - 3pm 	CV Writing 3pm - 4pm		

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Self: Activities that work on the individual

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Education Training and Employment activities

April - WEEK 2



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Monday	Tuesday	Wednesday	Thursday	Friday
07/04/2025	08/04/2025	09/04/2025	10/04/2025	11/04/2025
Anger Management 11am - 12pm 	CV Building 10am - 12pm 	CBT Appointments 10am - 4pm Appointment only Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm Digital College 10pm - 1pm 	Meditation 9.30am - 11am 
Men Matter 12pm - 1pm 	Preparation for employment with lived experience Hub Walk 11am - 1pm	Enviromental awareness course Moral Dilema's 12pm - 1pm 	Careers planning in sport and fitness course Media TIPP 11am - 1pm 	Music and Society 11am - 12pm 
Philosophy 1pm - 2pm 	Food safety and storage course Arts & Crafts 1pm - 3pm	Self Employment Support Table Tennis 1.30 pm - 2.30pm 	Newsroom 1pm - 2pm Digital Support 12pm - 1pm 	Hub Fun Day Quiz 1pm - 3pm 
Thrive - Confidence Building 2pm - 3pm 	Digital College 1pm - 4pm Table Tennis 2pm - 3pm	Disclosure Advice 3pm - 4pm Music TIPP 1.30pm - 3.30pm 	Thrive - Person of Worth and self esteem 2pm - 3pm CV Writing 3pm - 4pm 	

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Self: Activities that work on the individual

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Education Training and Employment activities

April - WEEK 3



Information

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Our yellow sessions support you to work on your self development and build a positive outlook

Monday 14/04/2025	Tuesday 15/04/2025	Wednesday 16/04/2025	Thursday 17/04/2025	Friday 18/04/2025				
<p>Anger Management 11am - 12pm</p> 	<p>CV Building 10am - 12pm</p>	<p>CBT Appointments 10am - 4pm Appointment only</p>	<p>Skill Finder NCS 11am-12pm</p>	<p>Re-Think programme (CGL) 10am - 12pm</p>	<p>Digital College 10pm - 1pm</p>	<p>CBT Appointments 10am - 4pm Appointment only</p>	<p>Digital College 10am - 1pm</p> 	<p>Closed</p> 
<p>Men Matter 12pm - 1pm</p> 	<p>Preparation for employment with lived experience</p>	<p>Hub Walk 11am - 1pm</p> 	<p>Enviromental awareness course</p>	<p>Moral Dilema's 12pm - 1pm</p> 	<p>Careers planning in sport and fitness course</p>	<p>Media TiPP 11am - 1pm</p>	<p>Introduction to Basic Cooking Skills</p>	
<p>Philosophy 1pm - 2pm</p>	<p>Food safety and storage course</p>	<p>Easter Arts & Crafts 1pm - 3pm</p> 	<p>Self Employment Support</p>	<p>Table Tennis 1.30 pm - 2.30pm</p> 	<p>Intro to Labouring course</p>	<p>Newsroom 1pm - 2pm</p>	<p>Job Club 1pm - 4pm</p>	
<p>Thrive - Confidence Building 2pm - 3pm</p> 	<p>Digital College 1pm - 4pm</p>	<p>Table Tennis 2pm - 3pm</p>	<p>Disclosure Advice 3pm - 4pm</p>	<p>Music Tipp 1.30pm - 3.30pm</p> 	<p>Job Search 2am-4pm</p>	<p>Thrive - Person of Worth and self esteem 2pm - 3pm</p> 		



This programme is delivered by HMPPS CFO



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April - WEEK 4



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Monday 21/04/2025	Tuesday 22/04/2025	Wednesday 23/04/2025	Thursday 24/04/2025	Friday 25/04/2025
<p>Closed</p>	<p>CBT Appointments 10am - 4pm Appointment only</p>	<p>Skill Finder NCS 11am-12pm</p>	<p>Re-Think programme (CGL) 10am - 12pm</p>	<p>Digital College 10pm - 1pm</p>
	<p>Hub Walk 11am - 1pm</p>	<p>Enviromental awareness course</p>	<p>Earth Day Moral Dilema's 12pm - 1pm</p>	<p>Careers planning in sport and fitness course</p>
	<p>Earth Day Arts & Crafts 1pm - 3pm</p>	<p>Self Employment Support</p>	<p>Table Tennis 1.30 pm - 2.30pm</p>	<p>Intro to Labouring course</p>
	<p>Table Tennis 2pm - 3pm</p>	<p>Disclosure Advice 3pm - 4pm</p>	<p>Music Tipp 1.30pm - 3.30pm</p>	<p>Job Search 2am-4pm</p>
	<p>CBT Appointments 10am - 4pm Appointment only</p>	<p>Digital College 10am - 1pm</p>	<p>Meditation 9.30am - 11am</p>	<p>Media TIPP 11am - 1pm</p>
	<p>Introduction to Basic Cooking Skills</p>	<p>Music and Society 11am - 12pm</p>	<p>Newsroom 1pm - 2pm</p>	<p>Digital Support 12pm - 1pm</p>
	<p>Hub Fun Day Quiz 1pm - 3pm</p>	<p>Thrive - Person of Worth and self esteem 2pm - 3pm</p>	<p>CV Writing 3pm - 4pm</p>	<p>Job Club</p>

